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Free Resource - July 10th, 2013

Free Resource of the Day

Stephen Ilardi: Therapeutic Lifestyle Change for Depression

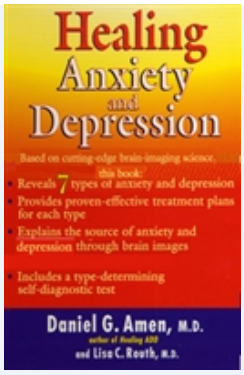
Dr. Stephen Ilardi is the author of **The Depression Cure: The 6-Step Program to Beat Depression without Drugs**. In this entertaining talk from Kansas University, Professor Ilardi lays out his 6-Step Program for Therapeutic Lifestyle Change. Drawing from research that modern day hunter-gatherer groups have almost no incidence of depression, Dr. Ilardi compared their lifestyle to our modern day lifestyle and came up with some major differences that have led to today's epidemic of depression. He guides us through his program that involves goal-oriented exercise, fish oil supplementation, plenty of natural sunlight, ample sleep, social connections, and participation in meaningful tasks that leave little time for negative thoughts. Along the way Dr. Ilardi answers many questions regarding his program. It's a great watch for anyone interested in beating depression and anxiety, preventing depression, or just wanting to live a healthier emotional lifestyle. This 1 Hr. 45 Min. talk is available on streaming video through YouTube.

Stephen Ilardi: Therapeutic Lifestyle Change for Depression

Deal of the Day

Healing Anxiety and Depression

For the 38 million Americans who suffer from anxiety and/or depression (and for those who treat them), Dr. Daniel G. Amen has liberating news. Using a sophisticated brain-imaging technology called SPECT (single photon emissions computed tomography), Amen and his colleagues have discovered that these all-too-common disorders are, in large part, the result of measurable brain dysfunction, of physical neurological conditions that clinicians can actually see. And what they can see, they can treat more effectively than ever before.



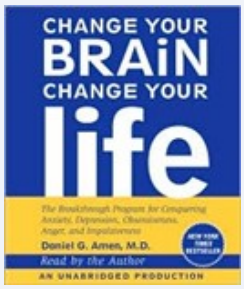
This groundbreaking work describes the seven distinct types of anxiety and depression revealed by The Amen Clinics' signature brain-imaging studies; offers diagnotic tools and guidelines to determine the specific type affecting each individual (even where SPECT imaging technology is not available); and provides a comprehensive program for treating each type. Treatment includes medication, diet, supplements, exercise, and social and therapeutic support.

Based on powerful new science derived from more than 17,000 SPECT scans, Healing Anxiety and Depression is a lucid and pratical guide to conquering these potentially devastating disorders.

Listen to a free sample of: Healing Anxiety and Depression.

Dr. Daniel Amen Audio Downloads

Featured Section



Dr. Daniel Amen Audio Downloads

Dr. Daniel Amen is a Board Certified Child, Adolescent and Adult Psychiatrist. He helped pioneer the use of brain SPECT imaging in psychiatry. He is the CEO and Medical Director of Amen Clinics, Inc. Amen Clinics have world's largest database of brain scans (>40,000) and have seen patients from all 50 states and 62 countries.

Daniel Amen is the author of over 30 professional papers, and 22 books, including the NY Times bestsellers **Change Your Brain, Change Your Body**, **Change Your Brain, Change Your Life**, **Healing Anxiety and Depression**, **Making A Good Brain Great**, and **Sex on the Brain**. Dr. Daniel Amen's high school course, Making A Good Brain Great, on "practical brain science health education" is now in 34 states and 7 countries.

Dr. Daniel Amen Audio Downloads

Charlie Rose Brain Series

Charlie Rose Brain Series

One of the best free resources for learning about the brain on the internet is the Charlie Rose Brain Series available on streaming video through CharlieRose.com. For the past two years Charlie has been sitting down with Nobel Prize-winning psychiatrist and neuroscientist Dr. Eric Kandel as they have explored pioneering discoveries of neuroscience. In each episode Charlie and Dr. Kandel sit down with a roundtable of leading brain scientists and researchers to explore an aspect of neuroscience.

In the first year of the series they examine the major functions of the brain with special episodes on the emotional brain, the developing brain, the aging brain, the mentally ill brain, and other major areas of study in neuroscience. The 12-episode series works as an introductory course to learning about our brain complete with the latest discoveries and new areas of neuroscience research. In the second year of the series, Charlie and Dr. Kandel are examining neurological, psychiatric, and addictive brain disorders, as they sit down with experts and discuss disorders such as depression, schizophrenia, autism, Alzheimer's Disease, Parkinson's disease, and other major brain disorders. Learn about your brain and the exciting field of neuroscience with this outstanding series of Charlie Rose special episodes. We've given in-depth descriptions of the first twelve episodes with links to all the episodes right here:

Charlie Rose Brain Series

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